

## CLAIMS

What is claimed and desired to be secured by Letters Patent is as follows:

1. A protective flooring unit comprising:
  - a main body having opposed first and second edges; and
  - a flap extending outwardly from said first edge of said main body, wherein a thickness of said flap is less than a maximum thickness of said main body.
2. The protective flooring unit of claim 1, wherein said flooring unit is comprised of a sheet of material which may be manufactured to have varying thickness at different regions of the sheet.
3. The protective flooring unit of claim 2, wherein said flooring unit is comprised of a material selected from the group consisting of plastic, rubber, rubber composites, vinyl, foam and combinations thereof.
4. The protective flooring unit of claim 1, wherein said flap is formed integral with said main body.
5. The protective flooring unit of claim 1, wherein said main body has raised pads extending along an upper surface of the main body.
6. The protective flooring unit of claim 5, wherein said raised pads comprise ribs running a length of the flooring unit in a direction parallel the flap.

7. A protective flooring unit comprising:

a main body having an upper surface and opposed first and second edges, said main body

having a plurality of raised pads extending upwardly along said upper surface;

and

a flap extending outwardly from said first edge of said main body, wherein said flap has a

relatively flat upper surface.

8. The protective flooring unit of claim 7, wherein a thickness of said flap is no greater than a minimum thickness of said main body.

9. The protective flooring unit of claim 7, wherein said flap is formed integral with said main body.

10. The protective flooring unit of claim 7, wherein said raised pads are ribs.

11. The protective flooring unit of claim 10, wherein said ribs extend along a length of said main body in a direction parallel said flap.

12. The protective flooring unit of claim 11, wherein a maximum thickness of said main body is at least twice a minimum thickness of said main body.

13. The protective flooring unit of claim 9, wherein said flooring unit is comprised of a material selected from the group consisting of plastic, rubber, rubber composites, vinyl, foam and combinations thereof.

14. A protective flooring unit comprising:

a main body having upwardly extending raised pads; and

a flap extending along an edge of said main body, wherein said flap has a thickness that is less than a maximum thickness of said main body.

15. The protective flooring unit of claim 14, wherein said raised pads comprise ribs running a length of the unit in a direction parallel the flap.

16. The protective flooring unit of claim 14, wherein said flap has a thickness that is equal to or less than a minimum thickness of said main body.

17. The protective flooring unit of claim 14, wherein said main body has an overlapping portion extending along an edge of the main body opposite said flap, said overlapping portion having a maximum thickness that is less than a maximum thickness of a remainder of said main body.

18. The protective flooring unit of claim 17, wherein said overlapping portion has a width about equal to a width of said flap.

19. The protective flooring unit of claim 14, wherein said main body has an overlapping portion extending along an edge of the main body opposite said flap, and wherein a combined thickness of a maximum thickness of said overlapping portion and a thickness of said flap is no more than twice a maximum thickness of said main body.

20. The protective flooring unit of claim 14, wherein said main body has an overlapping portion extending along an edge of the main body opposite said flap, and wherein a combined thickness of a maximum thickness of said overlapping portion and a thickness of said flap is about equal a maximum thickness of said main body.

21. A method of covering a floor comprising the steps of:

positioning a first flooring unit on the floor, said first flooring unit comprising a main body having upwardly extending ribs and a flap extending along an edge of said main body parallel said ribs, wherein said flap has a thickness that is less than a maximum thickness of said main body; and

laying a second flooring unit on the floor, said second flooring unit comprising a main body having upwardly extending ribs and having an outer edge, wherein said laying step comprises laying the outer edge of said second flooring unit on top of the flap of said first flooring unit.